

Skin Problems and Diet

Dr. Sultan Mahmood, PhD

Chief Nutritionist

First Dietcare & Research Center (FDRC)

Lahore – 0321.430.2528

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1. Skin Accepts Environmental Influences

● Unavoidable Influences

- Sunlight (ultraviolet rays)
- Weather (moist, dry, hot, cold)
- Vehicle emissions (smoke)

Cont.... Skin Accepts Environmental Influences

- Avoidable Influences

- Chemicals (local applications)
- Allergies
- Stress
- Poor diet
- Hormones
- Aging

2. Skin Problems

- Major skin problems are:
 - Acne, pimples
 - Eczema
 - Psoriasis
 - Burns
 - Cuts

3a. Health Indications of Acne

Indication	Affected Part of Skin
Liver problems	Nose, forehead
Constipation, etc.	Chin, chest, back
Allergy	Along cheek bone
Bacterial infection, Cuts, Burns	Anywhere

3b. Health Indications of Eczema

Indication	Affected Part of Skin
Allergy by milk, egg, peanuts	Wrists, elbows, knees
Colon toxicity	- As above -

3c. Health Indications of Psoriasis

Indication	Affected Part of Skin
Bowl toxicity	Skin pileup anywhere, especially scalp, buttocks, knees, ankles
Protein indigestion	- As above -
Impaired Liver Function	- As above -

4. Food Requirements of Skin

- Omega-3 & 6 fatty acids
 - Fish
 - Flax
- Vitamins A, C & E
 - Fresh veggies, especially colored
 - Fresh fruits, especially citrus
 - Olives, eggs, butter

5. Diet Therapies

- Hydrotherapy

- It is the most speedy way of cleaning the gut
- Saves from constipation

- Take

- 1 lit water drinking without thirst
- 25 g fiber, including digestible & indigestible
- 20% of daily calories should come from fats
- 50 ml of Aloe Vera drink

*Cont....*Diet Therapies

Avoid

- Sugar
- Soft drinks
- Yeast (found in bread, beer)
- Cheese (molds)
- Coffee
- Excessive spices
- Excessive fats & oils

6. Local Application

- Apply on all body skin
 - Simple water as moisturizing agent
 - Aloe Vera gel as sun-block, anti-inflammatory and anti-aging agent. It supports formation of new skin
 - Coconut oil
- Bathing with mineral salts
- Regular exercise promotes circulation